

SENIOR LEADERSHIP--

Teams are, generally, as good as the seniors leading those teams.

WHAT IS SENIOR LEADERSHIP?

1. It is performing the sport of swimming the way it is supposed to be performed. Seniors should need the least amount of coaching on the team. Seniors should be great role models for the younger swimmers to emulate.

2. It is pride. By the time you are a senior you should be as proud of the accomplishments of the swimming program as anyone. It is something that you should show your pride in, be positive about, and be an active promoter of. A senior leader must be a positive person. We cannot sell the Giant Swimming program to the community, to the media, and to the younger swimmers if we are negative about it.

3. It is responsibility for the future of the program. The coach cannot organize the swimmers in the off-season program. The coach cannot require 100% attendance in the off-season program. However, if the seniors will assume the responsibility for the development of the younger swimmers, we can develop a tremendous program. If, when the USS program begins the seniors set the example, the younger swimmers will follow. If the seniors work on specific things, the younger swimmers will be influenced.

4. It is working longer and harder than anyone else in the program. If the seniors do not put in the effort, how can we expect the freshmen to. You will remember your senior year more than any other. It will be your year more than any other. You will probably regret it sometime down the road if you did not give it your best shot.

5. It is responsibility for the quality of work. As you practice during the off-season, the seniors should be the ones ENCOURAGING the use of proper fundamentals. If you see someone missing practices, then push TACTFULLY to show up. If someone isn't using proper technique, then speak up. Remember: you are not the coach or the boss. No swimmer wants to be bossed around by another swimmer. Be firm, fair, and friendly when you suggest improvements to a younger swimmer. Lead by example more than by mouth.

5. Most importantly, a senior leader will lead. This simply means that the seniors will do what need to be done, when it is needed, as well as it can be done.

Traits and Qualities of a Team Leader by Rick Crotts

- *The purpose of this article is to encourage you as athletes to think of what you can do for your coach. All coaches love certain qualities in athletes... most go the way of least resistance and take the easy road to training. Coaching involves making sure the athlete doesn't travel that path. So the question is "what can I do for my coach to get the most out of my ability?"*
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Get Self-Motivated

First, you need to be **self-motivated**! Give a total effort every time you compete. Coaches look into what shows up in a player's heart as evidenced by the way he or she plays. Secondly, be willing to give the kind of physical and mental effort necessary to win - in practice as well as the competitions. Make it personal excellence time!

Listen and Learn

Next, listen to meaning of the messages from your coach, not how it is said. The next time your coach gets a little tough with you, stand back and listen to the message. Don't make judgments or take it personal. If your coach did not care they would not bother to correct you. Think of what the coach is looking for. Work hard on those areas. Work to improve your lesser skills into strengths.

Know Your Role

Know your role on the team. If you don't know ask. Most of us like to be the go to guy - the scorer, but coaches love great defenders, great rebounders, players who give of themselves and ask nothing in return. There is always room in the line-up for these kinds of players. You are forcing the issue with playing time, because when you give your coach has no choice but to play you because they love your effort.

Three Things Your Coach Would Love

There are three things that your coach would love from you. **First**, love the game. "The Game" might be what is in season at the time. Convince your coach that this is the most important time in your life. **Secondly**, work hard. Good things happen to people who work hard to make good things happen. Playing time is conditional based on hard work. Vince Lombardi said, "The harder you work, the harder it is to quit." You can always offer hard work. **Third**, be loyal to your coach. Believe in your coach and he will believe in you. Jerry Tarkanian said, "The only bad kid is one who won't be loyal to his teammates and coaches." Respond positively to challenges from your coaches and your opponents. You will grow and develop, win or lose.

Respond to the Challenge

These challenges will linger in your memory long after the game is over. When your coach gets tough, they are looking for a positive response. Give them attention! Great players don't have to be inspired by the coach to get "up" for a game; all you need to know is that any game is important, and how you should play it is with **intensity and focus**. Let your coach sit back and enjoy the ride!

SOURCE: (<http://www.coachlikeapro.com/basketball-players-coaches-love.html>)

TEAM PERFORMANCE TEST

Names:	Best Team Attitude	Toughness Intensity	Best Practice Player	Will Take Charge	Smartest Player	Best Defender	Best Rebounder	Best Passer	Best Shooter	Best 3pt Shooter	Best FT Shooter	Best Athlete
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
0.												
1.												
2.												
3.												
4.												
5.												

- INSTRUCTIONS:
1. Rate all players in all categories with 15 points being the highest.
 2. Do not rate yourself.

There are 15 seconds to go in the game and the Giants are behind by 2 points. Rank in order 1 through 3 the players you think should take the shot. Do not vote for yourself.

- 1.
- 2.
- 3.